



National Aeronautics and
Space Administration
SA-05-98



Langley Research Center Safety Alert

Date: November 4, 1998

TO: All Langley Employees

FROM: 429/Head, Office of Safety and Facility Assurance, OSEMA

SUBJECT: Safe Lifting Practices

Due to the Center reorganization a number of employee relocations are taking place. This Safety Alert is being issued as a reminder to employees to follow proper lifting techniques to avoid injuries.

The Center has an established physical lifting limit, which is outlined in LHB 1740.2, "Facility Safety Requirements." The physical lifting limit at LaRC is 50 lbs. Personal physical requirements may lower the load an individual can safely lift. No individual should ever lift more than their own capability. When lifting loads exceeding 50 lbs. additional personnel or mechanical devices shall be utilized so that no individual lifts more than their limit. **The Center's professional moving services should be used when moving heavy furniture, boxes, etc.**

Remember the following when moving or lifting items:

LIFTING

1. Stand as close to the load as possible.
2. Bend at the knees, keeping your back straight.
3. Grasp the load firmly.
4. Lift with your legs.
5. Hold the load as close to your body as possible

MOVING OR CARRYING

1. Don't change your grip unless the weight is supported.
2. Avoid twisting your body.
3. Don't block your vision, especially when ascending or descending stairs.
4. Push, don't pull items. Pushing gives you twice the power.
4. Carry bags/sacks on your shoulder braced by your hand or hip.
5. Roll a heavy barrel if you move it by yourself.

UNLOADING

1. Bend your knees to lower the load.
2. Watch your fingers and toes.
3. Slide the load into tight spaces.
4. Place the load onto surface by resting it on its edge and pushing it forward.
5. Be sure the load is secure before walking away.


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